



YMCA OF SAN DIEGO COUNTY  
**COMMUNITY  
WELL-BEING  
& BELONGING**

A photograph of a person's lower body and hand holding a pickleball paddle. The person is wearing a pink and purple athletic outfit, a black knee brace on their right knee, and blue sneakers. The paddle has a colorful, fractal-like design. The background is a green pickleball court with white lines.

# PICKLEBALL INJURY PREVENTION WORKSHOP

## MISSION VALLEY YMCA

Is your body ready to play pickleball? Learn how to do a proper prewarm up routine, to take preventive measures to reduce your risk from injury, and strengthen your body and learn recovery techniques. This workshop will entail: strength room education, and on court playing time.

**May 1 & 8 | 2:45 - 4:00 pm** (Two day workshop)

Non Members: \$53 | Members can save up to 25%

Registration is required, space is limited

Workshop lead by:

Cara Beltran: Personal Trainer, USPTA certified instructor / Barb Madsen: Personal Trainer

For more information contact: Barb Madsen, [bmadsen@ymcasd.org](mailto:bmadsen@ymcasd.org) • 619-298-3576

[ymcasd.org/missionvalley](https://ymcasd.org/missionvalley)